# YOGA TIPS FOR BEGINNERS

- SPECIFY A PROPER TIME.
- CHOOSE A COMFORTABLE PLACE.
- PRACTICE ON A LIGHT STOMACH.
- START OFF EASY.
- BE GENTLE
- SET THE MOOD.
- TRY OUT DIFFERENT
   YOGA POSTURES.
   BE CONSISTENT.

# **Yoga For Beginners Tips**

**Michael Seilmaier** 

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